

ABSTRACT

A flexible wrap and method for supporting a portion of a body. The flexible wrap includes an elastic band and an adhesive mounted on the elastic band near an end of the elastic band. The adhesive secures the elastic band to a body and is adapted to be detachably mounted to the body. In another form, the flexible wrap includes an elastic band and a plurality of fingers that extend from an end of the elastic band. Each of the plurality of fingers is secured to an exposed section of the elastic band when the flexible wrap is attached to the body. In still another form, the flexible wrap includes an elastic band and a pack having a midsection. The flexible wrap further includes a fastener, such as an adhesive, that extends along the midsection of the pack and secures the pack to the elastic band.